

Objective

By the end of this lesson, the student will be able to perform the wheelbarrow exercise with a friend, improving their coordination, strength, and teamwork skills.

Materials and Prep

Materials: None

Preparation: Ensure there is enough space for the activity and that both participants are warmed up to prevent injuries.

Activities

- **Wheelbarrow Race:** Have the student pair up with a friend. One student will be the "wheelbarrow" while the other holds their legs. They must race to a designated finish line.
- **Obstacle Course:** Create an obstacle course in the yard or living room. The student and their friend must navigate the course using the wheelbarrow technique.
- **Wheelbarrow Tag:** In a safe area, have the student play a game of tag where they can only move in the wheelbarrow position. If tagged, they switch roles with the tagger.

Talking Points

- "The wheelbarrow exercise is a fun way to work on our arm and core strength while also improving our balance."
- "Remember to communicate with your partner during the activity to ensure you both move in sync."
- "Teamwork is essential in the wheelbarrow exercise. Support and encourage your partner throughout the activity."